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OTTAWA • THURSDAY, OCTOBER 16, 2008 metronews.ca

Style Pg 11

Give your autumn wardrobe the boot



Voter turnout at historic low

ELECTION Canadians shunned the polls during the federal election with the lowest voter turnout on record, even as a global financial crisis threatened to plunge the nation's economy into recession.

Some 59.1 per cent of eligible Canadian voters went to the polls Tuesday, breaking the previous record-low turnout of just under 61 per cent in 2004, according to preliminary results from Elections Canada released yesterday.

"There was either general apathy toward the candidates or a degree of voter fatigue, as this was the third Canadian election since 2004," said Antonia Maioni, director of the McGill Institute for the Study of Canada.

REUTERS

Canada page 4

Dion poised to resign as Grit leader

Food page 10



Hot potato, sweet potato

Celeb buzz page 14

Madge, Guy to divorce

Costume ball Hip historians



Sophie Latreille displays her hoop ring skills during one of several performances held as part of last night's Historic Costume Ball at Gatineau's Museum of Civilization. The ball is one of the year's major fundraisers for both the Museum of Civilization and Ottawa's Canadian War Museum. Proceeds benefit the National Collection Fund, which helps the institutions to acquire artifacts.

PM's 'six-point' plan

Harper addresses economy, hints at further help for banks

Fresh off his election win, Prime Minister Stephen Harper made it his first order of business yesterday to tackle the threat of an economic downturn with a "six-point plan" aimed at protecting the economy.

Harper yesterday unveiled his strategy and declared that the prime minister's No. 1 job is to safeguard the domestic economy, "our earnings, our savings and our jobs."

"We're looking at constantly what needs to be done to ensure the availability of credit for Canadians, Canadian businesses, families, individuals," he

Prediction

- The Conference Board of Canada said yesterday that, while the country's economy faces tough challenges from the ongoing global slowdown, Canada will manage to avoid a recession.

said, hinting that Ottawa may take further steps to protect the banks.

"I won't go through the options we are looking at, but let me just say the options we're looking at do not involve significant outlays of taxpayers' money."

Meanwhile, provincial and territorial leaders, including Ontario Premier Dalton McGuinty, are preparing to hold their own economic summit in Montreal on Monday. McGuinty called the slumping economy and global credit crunch an "extraordinary challenge — unlike anything else we've ever had to come to grips with."

Harper said that, among his measures, he plans to recall Parliament this fall and release a fiscal and economic update on the state of the government's books. He also said he

would convene a first ministers' meeting on the economy to co-ordinate all governments' efforts and continue a strategic review of federal expenditures.

TORSTAR NEWS SERVICE



Tories told to get cash moving for transit

TRANSIT Mayor Larry O'Brien says now that the federal election is over, it's time for the city to press the federal government to move forward with transit and other issues important to Ottawa residents.

"In the next few weeks, we're going to be going back to the federal government and we're going to be saying, 'Here's what we need. We have a \$2.5-billion (transit) program here — how much are you going to be coming to the table with?'" O'Brien said yesterday.

"All the parties responded that they wanted to support mass transit in Ottawa. The Conservatives are back in power with a stronger minority; now it's time for us to have those detailed discussions."

Local Tories running in all area ridings said they supported a "desire to expand" the city's light rail network if elected to government.

O'Brien said he's comfortable and confident the election results will help the city move forward.

CTVOTTAWA.CA

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SUPER HEROINES offer in effect October 16 to 26, 2008

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More screens coming soon

Construction on a new, 10-screen entertainment complex will begin in Spring 2009 in Orleans at the intersection of Innes Road and Belcourt, Empire Theatres announced yesterday. **SOURCE: EMPIRE THEATRES LTD.**

Ottawa



From here to Eternity

A major exhibit — **Tombs of Eternity: The Afterlife in Ancient Egypt** — opens at Gatineau's Museum of Civilization on Dec. 19 and offers visitors a symbolic journey through a burial tomb. The showcase is one of the world's premiere collections of Egyptian antiquities, held by the Museum of Fine Art in Boston. **SOURCE: Canadian Museum of Civilization**

Furnishing ideas for our streets

City seeking public's feedback into future look of 'street furniture'

TRACEY TONG
tracey.tong@metronews.ca

Enhancement

• Similar street furniture revamp programs in other cities, including Toronto and Vancouver in Canada, have shown to encourage an active street life, enhance the streetscape, and increase the levels of service and maintenance, according to the City of Ottawa.

Ottawans get a say in what furniture they use in their own homes. So why not in their streets?

Residents and businesses will have input into what they see, sit on and even where they park their bikes and put their trash through a new initiative to improve the city's streetscape.

The city's new Integrated Street Furniture Program aims to improve municipal fixtures such as benches, bus shelters, trash and recycling receptacles, bicycle parking, newspaper boxes, information kiosks, public wash-

rooms, advertising pillars — all by July 2010.

Since he's been in office, Mayor Larry O'Brien said he's thought of different ways the city can organize the look of its streets.

"We have one of the most delightful cities in the world and we have



City employee Sheilagh Doherty, left, surveys resident Romeo Tucci about street furniture yesterday. Residents and businesses are encouraged to give their input into streetside improvements planned by the city.

street furniture that's chaotic," he said, adding new furniture will give "a

cohesive, solid look throughout the city".

While Deputy City Man-

ager Nancy Schepers said cost estimates won't be done until early next year, city staff began asking downtown pedestrians yesterday for their opinions of the city's existing street furniture and what they would like to see in its place.

Ottawa resident Romeo Tucci said that benches are too far apart and that there needs to be more ashtrays. The 30-year-old also said the city needs more public washrooms.

The city will hold open house sessions Oct. 27-28 and again in November to gather feedback. Residents can also complete an online survey and view pictures of possible future street furniture on ottawasimplicity.ca.

Charges laid after airport porn bust

CRIME A 61-year-old American man has been charged with possessing and importing child pornography after a storage device was searched at Ottawa airport.

Ottawa Police charged John Bird following an investigation by Canada Border Services at Ottawa's Macdonald-Cartier International Airport on Monday night.

Police said yesterday that Bird was entering Canada through the United States when border officials allegedly found child abuse images on a USB storage device.

Bird is also charged with smuggling prohibited material into Canada.

He appeared in court yesterday. **METRO OTTAWA**

Riders blast planned fare hike

TRANSIT It may be just a 15-cent increase, but some transit riders think even that's enough to turn off some people who might otherwise use OC Transpo.

"I can't imagine a better way to discourage users," said Ottawa resident Alayne McGregor.

OC Transpo has plans to increase the price of one ticket from \$1 to \$1.15 as of Jan. 1, 2009, director of transit services Alain Mercier said yesterday. But while Mercier also unveiled a marketing plan aimed at increasing ridership, McGregor argued the increase would have the opposite effect.

By increasing fares, OC Transpo is making occasional transit users question whether or not to take their

cars instead, said McGregor. "I strongly recommend cutting the increase to five per cent, which is where it's at every year."

"It's going to impact the people who need transit the most."

Charles Matthews

Several riders arrived at Ottawa's transit committee yesterday to oppose the planned hike.

"It's going to impact the people who need transit the most," said Charles Matthews, an Ottawan who uses a wheelchair and depends on OC Transpo. He said people who are on disability could-

n't afford any increase.

A hike would also affect parents with children who take the bus and charitable organizations that provide tickets for their volunteers, said Catherine Gardner.

Because tickets are OC Transpo's highest revenue producers, councillor Christine Leadman questioned why OC Transpo would be "targeting" that group with an increase.

But Mercier said the objective is to reward riders who use monthly passes and "who commit to transit." "We want to give value back to reward usage," Mercier said. "We have to have a gap for using passes and tickets. Tickets are for very infrequent users."

TRACEY TONG/METRO OTTAWA

City ponders transit passes for every uOttawa student

TRANSIT After 15 years of listening to proposals and ideas, the city is considering giving transit passes for University of Ottawa students a whirl.

The transit committee is recommending that Ottawa implement a Universal Student Transit Pass pilot project at uOttawa for one school year, starting in September 2009.

The pass — which requires all 30,000 full-time undergraduate students to pay a common transit levy through their student activity fees — would give students unrestricted access to city transit for \$125 per semester — less than the current student fee of \$198.

Although \$125 is still the costliest student transit pass at universities in major centres across the country, the new fee would be more equitable, said uOttawa Student Federation president Dean Haldenby.

"A program like this will help students get accustomed to (transit)," he said.

Students have been coming in with plans for 15 years, and there was always a reason not to do it, said Clive Doucet, who supported the plan. "It's about the environment. It's about a city we want and the way we want young people to be. This is the time. I want this project to move forward." **METRO OTTAWA**

metronews.ca

What's online today.

Watch Danny Williams offer to bury the hatchet with Stephen Harper and more post-election videos at metronews.ca/canada
Check out MetroTube of the day to see Dennis Quaid get obnoxious at a Starbucks
Read about poisoned lawyers, pirates and McCain's Palin pain in Metro Snapshot

Lotteries

Lotto 6/49 7, 9, 15, 21, 38 & 40. Bonus 13.
Ontario 49 5, 8, 20, 40, 41 & 46. Bonus 12.
Ontario Pick 3 1 6 9
Ontario Pick 4 4 7 8 5
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These results are not official.



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Provincial police stopped a car driving slowly on a county road south of Perth, Ont., Sunday, and were surprised to discover a nine-year-old girl behind the wheel. The girl's mother, 35, was in the passenger seat, police said. **CBC NEWS ONLINE**

Canada



Bloggers violate election law

Canada's 70-year-old law to control the release of voting results on election night has again stumbled in the age of the Internet. Within minutes of polls closing on Canada's Atlantic Coast Tuesday bloggers were making the results known in parts of the country where voting was still going on. That would violate a 1938 law aimed at preventing knowledge of results in Eastern Canada from influencing voting in a later time zone, a spokeswoman for Elections Canada said yesterday. **REUTERS**

News in brief

CHARGES The Crown has dropped criminal charges against four native protesters arrested by a heavily armed OPP tactical squad at the controversial Stirling Woods project survey in Caledonia last year.

REUTERS

Dion may opt to step down

LIBERALS Devasted by the disappointing showing of his party in the election, Stéphane Dion is expected to announce today that he will step aside as Liberal leader.

Unlike the other party leaders, he made no public

appearances yesterday, instead huddling with his family and advisers.

TORSTAR NEWS SERVICE



Senior Liberals whisper that Dion's days as leader are numbered and more at metronews.ca/canada

May's blunders costly

Politics

Andrew Cohen



which is held by the popular Peter MacKay. It wasn't even close. MacKay won 18,249 votes, or 46.6 per cent. May won 12,620 of the votes, or 32.2 per cent.

To say that running against MacKay was foolish is not a matter of hindsight. It was always a matter of foresight — as foolish then as it is now.

The reason is that if you are building a party, your leader must be in Parliament. His or her foremost responsibility is to be elected, anywhere, anyhow.

Listening to the jaunty Elizabeth May make her concession speech election night, you might think that she had won her riding and the Green Party had advanced the cause of a greener Canada. She didn't and it didn't.

Instead, May's vainglorious crusade has actually hurt her party and the environmental movement in Canada. In two of her most critical decisions, she badly miscalculated.

The first was to contest the riding of Central Nova,

Had the Greens any representatives in Parliament, she could have asked one to resign when she became leader. Without that option, May had to find a way to get there. Running in a byelection in Ontario made sense for her; running in Central Nova suggests a staggering naiveté and awful political

judgment.

Unelected leaders have no credibility. You can stand and squawk in the foyer in the House of Commons, as May does every day, but really, why should anyone listen to you? Especially when your party has 6.8 per cent of the vote.

Her other mistake was more costly. In making an alliance with the Liberals, she found credibility and a place in the leaders' debate that she didn't deserve while leading a fringe party (4.8 per cent support in 2006).

Today, the leader of the Greens is without a seat and her party without an MP. Her vote is up all of 2.3 points. Meanwhile, the Conservatives are in, and so is their environmental policy.

Andrew Cohen is the author of *Extraordinary Canadians: Lester B. Pearson*.



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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.



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Non-subsidized Students: Canadians, out of province residents, visa holders: Online licence fee: \$30 per level + \$175 for the course

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4 weeks (60 hrs in class + 60 hrs online)

Morning Classes: Monday to Friday, 9 am to 12 pm
(French as a second language) Levels 1,3

Afternoon Classes: Monday to Friday, 12:30 pm to 3:30 pm
(French as a second language) Levels 2,4

DATES: October 14 to November 7, 2008
November 17 to December 12, 2008

FEES: Subsidized Students: Immigrants, new Canadians, and Refugees whose first language is neither French nor English, Online licence fee of \$30 per level
Non-subsidized Students: English speaking Canadians, out of province residents and visa holders, Online licence fee of \$30 per level + \$200 for the course

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EKTORP sofa
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EKTORP sofa \$569 was \$599. Idemo beige. 100% cotton, removable, washable cover. W215xD88xH88cm. RA.



RIBBA frame series. Aluminum foil. **\$14.99 was \$19.99**. W50xH23cm. **\$19.99 was \$24.99**. W50xH70cm. **\$29.99 was \$39.99**. W70xH100cm. Assorted art cards and posters available from \$4.99 to \$15.



HEMNES mirror series. Black-brown. Solid wood. Can be hung horizontally or vertically. **\$49.99 was \$69.99**. W60xH90cm. **\$79 was \$99**. W75xH165cm.



LACK side table
\$14.99
was \$19.99

LACK side table \$14.99 was \$19.99. Assorted colours. Embossed painted finish. L55xW55xH45cm. RA.

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RENLIG built-in dishwasher \$399 was \$499. Stainless steel. Holds 10 place settings. 5 programs. Energy Star® qualified. Countertop sold separately. W23xH24xH33".



ENERGISK refrigerator/freezer 18 cu.ft. **\$849 was \$989**. Stainless steel. Fridge 14 cu.ft. Freezer 4 cu.ft. Door can be mounted with opening to the left or the right. W28xD31xH68".

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POÄNG armchair \$99 was \$129-\$159. Alme natural cover and birch veneer frame. Alme medium red and beech veneer frame. Alme black and black-brown frame. 100% cotton, removable, washable cover. W68xD83xH100cm. RA.

BJURSTA glass-door cabinet \$299 was \$369. Black-brown. Stained ash veneer. Tempered glass doors. 4 adjustable glass shelves. W80xD40xH190cm. RA.



SULTAN HASSELBÄCK queen size luxury sleep set
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was \$949



SULTAN HASSELBÄCK/JÖNAKER/TUVEBO queen size luxury sleep set \$799 was \$949. Includes: pocket spring mattress, foundation and pillow top.

HEMNES 6-drawer chest
\$299
was \$349



HEMNES 6-drawer chest \$299 was \$349. Black-brown. Solid pine. Smooth running drawers with pull-out stop. W110xD51xH132cm. RA.

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Love your home

South Africa's Robben Island museum will be closed while authorities cull a colony of rabbits that has invaded the site where Nelson Mandela was jailed. The rabbits will be killed to protect plant life and historical buildings in the area. **REUTERS**

World/Business

Tax plans heat up debate

Republican John McCain and Democrat Barack Obama battled fiercely yesterday in their liveliest debate, with McCain attacking Obama's tax plan and campaign tone.

The presidential rivals complained about the negative approach of each other's campaigns during a frequently testy debate in Hempstead, N.Y.

McCain was under pressure to reverse a race that has shifted in Obama's favour after recent market turmoil.

McCain criticized Obama's plan to raise taxes for

Going digital

Barack Obama is making U.S. political history by placing campaign ads in 18 Xbox Live online video games. The ads appear as banners or billboards featuring an image of Obama.

ma's plan to raise taxes for those who make more than \$250,000 a year, saying it would harm small businesses.

"Why would you want to raise anybody's taxes right now?" McCain asked. "We



Democrat Barack Obama and Republican John McCain take part in the U.S. election's third and final debate yesterday.

need to encourage businesses."

Obama said his plan would cut taxes for 95 per

cent of Americans, while McCain would give tax breaks to oil and gas companies.

REUTERS

Market optimism fades

FINANCES Gloomy economic data wiped out two days of relative optimism about the credit crisis and sent markets into freefall yesterday.

The Dow Jones industrial average ended down 733 points or 7.87 per cent, and the S&P 500 index lost nine per cent — their

worst one-day percentage declines since October 1987. The losses reversed Monday's record surges.

The United States reported its biggest monthly decline in retail sales in more than three years, and Europe offered negative economic data and outlooks of its own.

REUTERS

News in brief

CAMBODIA Thai and Cambodian troops fired rockets and arms at each other on a disputed stretch of border yesterday, killing two Cambodians. Bangkok officially denied reports that 10 Thai nationals

had been captured. **STORM** Hurricane Omar grew stronger yesterday, bearing down on Puerto Rico and small Caribbean islands. Omar is predicted to become a Category 2 storm.

REUTERS

"A FANTASTIC, HILARIOUS, ORIGINAL COMEDY!"
—AIN'T IT COOL NEWS

"A FANTASTIC, HILARIOUS, ORIGINAL COMEDY!"
—AIN'T IT COOL NEWS

SEX DRIVE

STARTS FRIDAY! CHECK THEATRE DIRECTORIES FOR LOCATIONS AND SHOWTIMES

See the new twilight trailer this weekend on SexDrive.

Business

TSX gains short-lived, falls again

The Toronto Stock Exchange's main index plunged again yesterday as resource stocks, led by energy and materials, were pressured by falling commodity prices on concerns global economic weakness would cut demand.

The tumble chipped away at big gains made Tuesday when the index logged a record 9.82 per cent rise on hopes that new rescue plans around the globe would help fix the financial crisis.

The S&P/TSX composite index closed down 631.83 points, or 6.35 per cent, at 9,323.83, with all but one of its 10 main groups lower. The consumer staples group rose 1.4 per cent.

REUTERS

Business in brief

ECONOMY Canada risks running a \$10-billion deficit in its 2009-2010 fiscal year as the economy stagnates, an economist said, noting the Conservatives must fix it, or be forced to raise taxes and cut spending.

HOUSING Canadian resale home values were down 6.2 per cent in September over the same time last year, at an average price of \$315,461, the Canadian Real Estate Association said.

TORSTAR NEWS SERVICE

METRO Ottawa

130 Slater Street, Suite 300
Ottawa, ON K1P 6E2
Tel: 613-236-5058
Toll free: 1-888-916-3876
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Advertising: 613-236-5058
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Local:
Publisher, C. Dave Kruse
Managing Editor, Derek Gordanier
derek.gordanier@metronews.ca
Marketing Manager, Ian Clark
Distribution Manager, Bernie Horton
National:
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OTTAWA'S NEWS LEADER

Ballesteros has brain tumor removed

Three-time British Open winner Seve Ballesteros, 51, was in a stable condition after an operation yesterday to remove a brain tumour, doctors said. **REUTERS**

7

Sports

SPORTS@METRONEWS.CA

Habs shoot down Bruins

NHL ROUNDUP

Canadiens 4 Bruins 3 (SO)

Alex Tanguay scored the only shootout goal last night, as Montreal won its home opener after allowing Boston to come back from a three-goal, first-period deficit.

In a span of just over three minutes in the first period, Alex Kovalev, Saku Koivu and Maxim Lapierre scored for the Canadiens, who notched their 12th straight regular season win over the original six rival

Boston Bruins.

Marc Savard scored the tying goal, his second of the night, with 47 seconds left in regulation, and David Krejci added a goal and an assist for Boston.

Tanguay was the second shooter for Montreal and scored with a wrist shot high on the glove side.

Sabres 3 Rangers 1

— At Madison Square Garden, Thomas Vanek scored twice and Buffalo Sabres handed New York its first defeat of the season.

The Rangers started the season 5-0, equalling the 1983-84 squad for the best start in franchise history. New York was vying for the

first 6-0 start to a season in club history, but the Sabres had other ideas.

Ryan Miller stopped 19-of-20 shots for the Sabres, who won their third straight to start their campaign. Ales Kotalik also scored for Buffalo, which rallied from an early 1-0 deficit with three unanswered scores.



Alex Tanguay

METRO NEWS SERVICES

Spanish striker tears leg muscle

SOCCER Spain striker Fernando Torres tore a leg muscle in yesterday's 2-1 victory over Belgium, said coach Vicente Del Bosque.

The Liverpool player limped off after little more than 10 minutes of the World Cup Group Five qualifier and the coach was unsure how long he would be sidelined.

In other games it was: Germany 1 Wales 0; England 3 Belarus 1; Ireland 1 Cyprus 0; Italy 2 Montenegro 1; Netherlands 1 Norway 0; and Switzerland 2 Greece 1.

REUTERS

Sports in brief

GOLF Jim Furyk sank an eight-foot eagle putt to beat Padraig Harrington at the first playoff hole in the PGA Grand Slam of Golf in Bermuda yesterday. Harrington again had to settle for the bridesmaid's role in the elite four-man event, having lost to Argentina's Angel Cabrera in a playoff last year.

REUTERS

SCOREBOARD

MLB

LEAGUE CHAMPIONSHIP SERIES

BEST OF SEVEN

NATIONAL LEAGUE

Philadelphia vs. L.A. Dodgers

LAST NIGHT'S RESULT

Philadelphia at L.A. Dodgers

FRIDAY, OCT. 17

x-L.A. Dodgers at Philadelphia, 8:22

(Phillies lead series 3-1)

AMERICAN LEAGUE

Tampa Bay vs. Boston

TONIGHT'S GAME

Tampa Bay at Boston, 8:07

SATURDAY, OCT. 18

x-Boston at Tampa Bay, 4:37

(Tampa leads series 3-1)

x — only played if necessary.

NHL

YESTERDAY'S RESULTS

Montreal 4 Boston 3 (SO)

Buffalo 3 N.Y. Rangers 1

Phoenix at Chicago

Nashville at Dallas

Edmonton at Anaheim

NLCS Rollins rolling



Philadelphia's Jimmy Rollins hits a solo home run in the first inning against the Dodgers in Los Angeles last night. For game results, visit metronews.ca.

REUTERS/ALICE NICHOLSON

Help out on October 21st!

Hint: Cheese is involved!
So is feeling good about helping a good cause.

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pizza pizza
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Tech Now



9-1-1 evolution

9-1-1 emergency calling began in Canada 49 years ago. Now there are nearly 300 million 9-1-1 calls placed annually in North America.

METRO NEWS SERVICES

Billion-dollar market tantalizes firm

TechNow

Paul Brent

technow@ctv.ca

A Gatineau company, PlantCML, already sells close to 90 per cent of 9-1-1 emergency call centre equipment in North America. And now with an injection of investment they think they can move into a new market space.

European Aeronautic Defence and Space Company, or EADS, bought PlantCML six months ago and is now merging it with their Secure Networks division in order to pursue the market for a new

generation of emergency radio communications. The equipment allows police, fire, ambulance and others to be able to talk to each other over a single radio network ... something that's often not currently possible. Numerous studies of major incidents, including several that occurred in Ottawa-Gatineau, have concluded that better multi-department communications is crucial in an emergency.

EADS is a monster technology company with annual revenues of \$60-billion and it includes products such as the Airbus and Eurocopter. EADS is the result of a merger eight years ago of French, German and Spanish aerospace firms. The Secure Networks division already has about one third of the global market for this new genera-



The people who supply 90 per cent of North America's 9-1-1 emergency call centre equipment are based in Gatineau.

tion of radio communications systems. They provided three systems for the Beijing Olympics, with 90 thousand

users and 1.5 million calls — just on opening day.

PlantCML began in Hull 40 years ago. With the EADS

merger it will mean at least 40 new people to do research work previously done in France, and a new building to house the expanded operations.

Laurent Thauvette, head of economic development for Gatineau, tells me "it is very important to bring in a company like EADS and to show others thinking about Gatineau that a global player like this would come here."

He adds it was "important that we could offer tax incentives — federal, provincial and municipal — to encourage them to locate here." The city will waive taxes up to a total of \$5 million when the company builds a new facility.

Tim Fuller, CEO of PlantCML, says, "The skills of the workforce in Gatineau were a big factor in our stay-

ing here."

Jean-Marc Nasr, President of EADS Defence and Security tells me, "This expansion is just the beginning; there will be more growth as we begin to capture the North American market, which we estimate to be worth \$1-billion."

PAUL'S WEB SITE OF THE WEEK

ea.com home page for EA Games, which this week launched FIFA '09 Soccer. The game sold over 1 million copies during its first week in Europe.

This Sunday one of the stories on Tech Now will be a look at a hi-tech Hong Kong fish farm. And don't forget to check our website, ctvottawa.ca.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.

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NOV. 5

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TECH NOW

WITH PAUL BRENT

Sundays 6:00

OTTAWA'S NEWS LEADER

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Metro Homes

Party like it's Halloween

According to surveys by Visa and the U.S. National Retail Federation, 75 per cent of Americans plan to celebrate and spend on Halloween, and among those, the average will spend \$47 on candy and decorations — an 18 per cent increase from what they were planning to spend on Halloween last year.

METRO NEWS SERVICES

Vamping up the garage

Slick storage, floors and lighting make a dingy space welcoming

Home**Scene**

Sylvia Putz

1ST CHOICE GARAGE.COM PHOTOS



Bare concrete walls can be easily dressed up too, making the garage look more like a room and less like a garage.

There are garages and then there are garages. One man who has seen them all is Ron Binder, co-owner of OnWall Solutions, onwall-solutions.com, a company that specializes in garage renovation.

He recalls a client with a candy-red convertible who wanted flooring to match the finish of his car. Binder used clear, shiny industrial-grade epoxy, applying silver, red and black flakes between coats. "It was spectacular," he says.

Another client with a 1,500-square-foot garage installed a workshop, but it was no ordinary workshop. This car collector wanted one whole wall outfitted with cabinets and rolling carts.

He had heating installed in the concrete floor, which was then finished in a shiny epoxy.

Extra lighting was added, electrical outlets were hidden behind closed doors. And get this — the garage also had a flat-screen TV, a sofa and a bar, thus making it the en-

vy of many men (and women) I know.

Of course, the price tag for such a decadent car cave is upwards of \$20,000, and it could be a lot more than that depending on the level of decadence you're after.

But for the ordinary garage — outfitted with storage so it's clean, organized and looks good — the price tag can be as low as \$2,000.

Finished floors make a big difference in the look of a garage.

Epoxy finishes seal the garage floor beautifully, and PVC tiles are another possibility that offer colour and can be laid in different patterns to add variety.

Bare concrete walls can be easily dressed up too, making the garage look

more like a room and less like a garage.

Even painting the walls with white or light-coloured exterior-type paint can brighten things up considerably.

If you choose to add a wall system, you'll find most garage organization companies carry a particular brand of hooks, bins and innovative storage options.

One company called 1st Choice Garage Outfitters,

Lighting the way

- Better lighting can make a world of difference in a garage. It can help turn a dull, dark space into a welcoming, comfortable room — whether that room is to be a luxurious car cave or a work space for a busy family.

1stChoiceGarage.com, sells a slatwall system from which to hang accessories such as baskets, hooks, shelves, tool holders and a folding work bench.

This product comes in black, white, taupe, grey and a maple-grain wood look.

When these panels line the walls in a garage, it gives a bright, contemporary, horizontal look. If you opt for cabinets, you'll find they can lend considerable visual pop to your garage.

For a slightly higher price, metal cabinets are completely customizable — so you can even match the colour of your car.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show *Arresting Design*.

Homes in brief

MARKET Listings of homes for sale on the Multiple Listing Service in major Canadian markets edged lower in the third quarter of 2008, due primarily to easing in Edmonton and Calgary, the Canadian Real Estate Association said yesterday. Seasonally adjusted new list-

ings declined by 3.3 per cent from their peak in the second quarter of 2008, causing the balance of sales to new listings in the resale home market to tighten on a quarter-over-quarter basis for the first time since the beginning of 2007.

METRO NEWS SERVICES

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Food

"Available year round, sweet potatoes' peak season is from October to March."

Barb Holland/for Metro Canada



Pick of the crop

Buy sweet potatoes that are smooth, well shaped, firm, clean and free of blemishes or soft spots.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

A potato by any other name ...

À la carte

Barb Holland

Metro Food Writer



I yam what I yam, except when I'm a sweet potato. Talk about an identity crisis! When it comes to sweet potatoes and yams, much confusion exists. Sweet potatoes are often mislabelled yams and the two names are often used interchangeably.

The sweet potato, native to Central and South America, can vary in shape from round and fat to long and skinny, knobby and smooth. The skin

can range in colour from golden brown to copper or pale pink to deep purple, while the flesh may be white, yellow, orange, red, pink or even purple. The two most common ones in our markets are copper-skinned with bright orange flesh or the reddish-skinned sweet potatoes with yellow flesh.

The flavour will vary depending on variety, but as a general rule, lighter fleshed sweet potatoes are more delicate, nutty rather than sweet, while the darker ones have a richer spicy-sweet flavour.

Few people outside North America make the yam-sweet potato mistake. Yams have long been a staple in the tropical and subtropical lands where they grow in abun-

dance. Of the hundreds of yam varieties, the ones we are most likely to find are white-fleshed tubers with a brown, rough, scaly skin from the Caribbean.

Curried Lentils, Sweet Potato and Cauliflower

Jarred curry paste not only simplifies this healthy vegetarian dish but adds authentic flavour. Serve with roti or naan bread. Makes 4 servings.

INGREDIENTS:

- 1 large onion, roughly chopped
- 3 tbsp (45 ml) Indian curry paste (mild or Madras)
- 10 cardamom pods
- 2 medium sweet potatoes, about 1 lb (500 g), peeled and cut into ½ inch (1 cm) pieces
- ¾ cup (175 ml) green or

brown lentils, rinsed

- 2 cups (500 ml) vegetable broth
- 5 cups (1.25 L) cauliflower florets
- ¼ cup (60 ml) fresh coriander leaves
- Salt and pepper
- Plain yogurt, optional

METHOD:

Heat a large, heavy saucepan over medium-low heat. Add onion and curry paste, stirring paste thoroughly into onion. Cook, stirring constantly for 2 to 3 minutes.

To remove seeds from cardamom pods, smash pods with a large knife or meat mallet. Remove the small brown seeds (discard pods) and stir into onion mixture along with sweet potatoes. Cook another 2 to 3 minutes.



Cook 'em up like potatoes — bake, roast, boil, microwave or toss on the grill, and try them in soups, salads, stews or pies.

Stir in lentils and broth, cover and bring to a boil over high heat. Reduce heat and simmer, covered for 15 minutes. Add cauliflower and return to a boil; reduce heat and simmer 8 to 10 minutes or until lentils and vegetables are tender, stirring occasional-

ly. Remove from heat, stir in coriander and season to taste with salt and pepper. Let stand a few minutes before serving. Serve with a dollop of yogurt, if desired.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Liz Claiborne, designer Narciso Rodriguez part ways

Apparel and accessories maker Liz Claiborne Inc and designer Narciso Rodriguez said they have ended their business relationship, 17 months after announcing the partnership. **REUTERS**

11

Style



Designer without the price tag

The right designer handbag can add the utmost style to almost any look. But for those who can't afford the price tag attached to the latest Burberry, there's Got 2 Have It! Handbags, a Canadian online handbag rental service (got2havehandbags.com). The service is available across Canada and offers a large selection, including top designers like Coach, Chanel, Dolce & Gabbana, Gucci, Prada, Louis Vuitton, and more.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Show off with booties

booties

Bring on the booties! Wearing the right ankle boot can make or break an outfit. Only wear booties with dresses, skirts, tights and skinny jeans. Skip ankle boots that are cut straight across on the top, instead opt for ones that are cut on an angle so that your legs will look longer and leaner. Top trends in booties this season are patent leather and suede materials, paired with zippers and buckles and coloured in blacks, purples, greys and reds.

**\$120**

Platform Zip
Designer: Aldo
Shop: Aldo
Address: Various Locations
aldoshoes.com

**\$130**

Step Into Comfort
Designer: Hush Puppies
Shop: Hangers
hushpuppies.com

**\$200**

Sleek
Designer: Geox
Shop: Geox
Address: Various Locations
geox.com

**\$50**

Warm Cable knit
Designer: Banana Republic
Shop: Banana Republic
Address: Various Locations
bananarepublic.com

**\$69**

Bright Driving Gloves
Designer: Club Monaco
Shop: Club Monaco
Address: Various Locations
clubmonaco.com

**\$116**

Elegant bows
Designer: Nougat
Shop: Fine Finds
finefindsboutique.com

accessory

A cute cropped vest to layer with this fall, \$121. Designed by Lily & Jae, available at Fine Finds, finefindsboutique.com



gloves

Protect your hands from the cold weather with some new winter gloves. Last year gloves were worn elbow length long (keep them aside for those cold winter days), but this year gloves are getting a lot shorter. Stay stylish and look out for gloves that are adorned with belts, bows and different coloured stitching. The shortest of the gloves are the driving gloves by Club Monaco — by far my favourite. Wear them with a long sleeve jacket so that your arms don't get too cold.

Style File

Kim Elbokim.elbo@metronews.ca

ask kim

Last week I read your tip on boots for women with skinny calves. What about women with the opposite problem, big calves?

— Susan

As I mentioned before, zappos.com has all sorts of shoes sectioned off into links for women with specific needs, they have a wide-calf section that feature brands like Naturalizer and type Z. Duoboots.com is another great site — they have 21 different calf sizes to fit every type of leg.

E-mail your style questions to kim.elbo@metronews.ca.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

tip: If ironing leather is necessary, place a heavy brown paper over the leather and use a cool to medium iron. — leather-gloves.biz

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Mighty Movers		The Agenda With Steve Paikin		London Hospital (N)		Masterworks "Soweto Strings"		Agenda-Paikin
211	331	3	GYV	ET Canada	Entertainment	Survivor: Gabon (N)		The Office (N)	SNL Update	Life on Mars (HDTV) (N)		News (N)
-	-	5	SRC	Virginie (SC)	Infomani (SC)	Enquête (SC)		Grosse vie (N)	C.A. (N) (SC)	Le Téléjournal (N) (SC)		La Zone
209	342	6	CHRO	Robson Arms	TMZ (N)	Hole in the Wall (N)		America's Next Top Model		Eleventh Hour "Cardiac"		News
196	311	7	CTV	etalk	Dance	CSI: Crime Scene Investg.		Grey's Anatomy (N)		ER "The Book of Abby"		News (N)
206	303	8	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone "Omar Khadr"		CBC News: The National		The Hour
-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER "The Book of Abby"		News (N)
117	713	10	TVA	La Fievre de la danse (SC)	Occupation double			Vlog (SC)		TVA 22 heures	(10:45) Denis Lévesque	
-	-	11	QS	Grande fille	Loft Story	Meurtre à domicile (2006, Suspense)	Barbara Niven.			Cent dix pour cent (SC)		Loft Story
137	763	12	TFO	Panorama		Méto	Aventures		Procès de Jeanne d'Arc *** (1962, Drame), Roger Honorat		Voit	
-	362	13	CBS	Dr. Phil (HDTV)		Survivor: Gabon (N)		CSI: Crime Scene Investg.		(10:01) Eleventh Hour		Two/Half Men
216	395	14	OMN2	Cold Case "Volunteers"		News (N)		Glam God With Vivica A. Fox		Friends		Cold Case
214	344	15	CITY	Law & Order: SVU		Ugly Betty (N)		Vivere II	News (N)	The Simpsons		Friends (N)
115	343	16	CFMT	Two/Half Men	The Simpsons	Name Is Earl	Kath & Kim (N)	Dr. Jekyll & Mr. Hyde (2008, Suspense)	Dougray Scott.	King of the Hill		Metropia
218	345	18	EL	The Insider (N)	El News	Ugly Betty (HDTV)		Grey's Anatomy (N)		(10:01) Life on Mars		News (N)
-	351	20	ABC	News (N)	Entertainment	A la une				Tête-à-tête		Dossier public
512	396	24	CPAC	(4) Dossier public		Michael Coren Show		100 Huntley Street		Life Today		John Hagee
651	355	25	CTS	Happy Days	Laverne	Hole in the Wall (N)		Kitchen Nightmares (PA)		News (N)		News
511	365	26	FOX	TMZ (N)	Seinfeld	Yes, Minister	Time Goes By	P.O.V. "Soldiers of Conscience" (N)		Folklore		Tavis Smiley
-	-	64	PBS	Business Rpt.	Whiz Quiz	CSI: Crime Scene Investg.		Grey's Anatomy (N)		ER "The Book of Abby"		News (N)
205	312	104	CTV	etalk	Dance	The Hour		CBC News: The National		Geologic Journey		National
502	390	26	NW	CBC News	Newman	The Hour		Larry King Live		Anderson Cooper 360 (HDTV)		
500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center				Red Sox (Live)		Sportsnet Con.
406	417	27	net	MLB Pregame	MLB Baseball	American League Championship Series Game 5 -- Tampa Bay Rays at Boston Red Sox (Live)				RDI en direct	Le National	Le Téléjournal
126	730	28	RDI	RDI en direct sur l'actualité		Grands reportages (SC)				SportsCentre (HDTV) (Live)		
400	280	30	TSN	That's Hockey!	NHL Hockey	Vancouver Canucks at Detroit Red Wings (HDTV) (Live)				Score Tonight		Score Tonight
410	403	52	SCR	Score on NFL	College Football	Florida State at North Carolina State (Live)				Odyssey		Pilot Guides
411	457	56	OLN	(6) The Amazing Race 3	Commando: On the Front Line			Survivorman				
417	406	59	SC	Barrett-Jackson Automobile Auction From Las Vegas (Live)								
554	544	48	TCL	George-Jungle	Scooby-Doo	Scooby-Doo	Teen	Total Drama	Futurama	The Critic	Robot Chicken	Code Monkeys
557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
551	542	65	YTV	H2O, Just Add	Frank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Frank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
570	580	29	MM	mimtop	Back In	Johnny Cash Live		Rebba	Where You At	I Want to Work for Diddy	Party of Five	Crime of Five
615	520	31	A&E	CSI: Miami "Camp Fear"		The First 48 (HDTV)		The First 48 Cabdriver.		Jacked: Theft		Prime 360
628	584	32	SPKE	CSI: Crime Scene Investg.		CSI: NY "Taxi" (HDTV)		TNA IMPACT! (N)		LA Ink "Comic Relief"		MAnews
521	560	34	TLK	LA Ink "Help Wanted"		Overhaul! (HDTV)		American Chopper (N)		Une langue aux mille visages		Amer. Chopper
145	761	35	TV5	Toute une histoire		Club social		Envoyé spécial		House		Journal TV5
616	521	39	SHO	Painkiller Jane		ReGenesis "China"		Trailer Park	Trailer Park	Saving Grace (HDTV)		House
620	523	40	BVO	Desperate Housewives		Camera	In the Mind ...	Wilby Wonderful ** (2004, Comedy-Drama)	James Allodi.	MythBusters		Law & Order
520	505	42	DIS	Daily Planet (N)		Colossal Squid		The Road to Passchendaele		Hope & Faith		Hope & Faith
575	583	43	CMT	Tara Diaries	The Wilkinsons	Home Improve.	Home Improve.	Reba		The Biggest Loser		Gone Country
601	562	45	SLC	End of Leash	ET Canada	Rich Bride, Poor Bride		X-Weighted		VIP		Choc. News
625	548	46	COM	Air Force	Just for Laughs		Corner Gas	The Simpsons	South Park	Steve Harvey	Family Guy	Family Guy
594	529	47	TBS	House-Payne	House-Payne	Save the Last Dance *** (2001, Romance)	Julia Stiles.	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes-Homes
600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		I Was Bitten		Chuck (N)		Stargate SG-1
627	520	50	SPC	Lost "Exodus"		Star Trek: Voyager		Battlestar Galactica		MTV Presents: Summer		MTV Live
581	566	53	MTV	Busted-Girls	After	MTV News	Cribs	The Hills	Exiled	Seinfeld		Family Guy
618	524	54	TROP	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	NCIS		Crime Stories
522	506	55	HIS	NCIS		Lost Worlds		Dossiers FBI (HDTV)		Autopsie		Images-chocs
129	773	60	CD	Biographies		Dossiers invest (HDTV)		Pope John Paul II Part 1		Pope John Paul II Part 2		Emily-Moon
261	394	61	V	Murder, She Wrote		Wait for God	Keeping Up	Confidential	Save Us-House	Divine Design		Love It-List It
602	567	62	W	Will & Grace	Friends	Next Youth	renegadeexpress	Cellular ** (2004, Suspense)	Kim Basinger, Chris Evans.	The Tonight Show-Jay Leno		Fish Out of Water
269	530	70	APTN	Suaganan	Rez Rides	TMZ (N)	etalk	Coldplay: Live at Talk		Jamie's Kitchen Australia		Restaurant
621	527	71	TLK	The Ellen DeGeneres Show		Restaurant Makeover		Unwrapped	Secret Life of			
603	561	95	FN	The Main	Chef at Home							

critics' corner

The Office

There's a bun in the oven, so get your pitholders; this one's gonna be hot. Michael (Steve Carell) practices for the birth of Jan's (Melora Hardin) baby by having Dwight (Rainn Wilson) go over possible birthing scenarios. (Think water breaking during an electrical storm.) Meanwhile, Michael tells Holly (Amy Ryan) that he will pretend to dislike her for Jan's benefit. Oh what a tangled web ... of placenta. 9 PM on 9 NBC 3 GTV



Life on Mars

Is this vintage Sam Tyler (Jason O'Mara) real or not? His unbelieving ears clearly hear a radio station announcing that Elvis will perform a concert in memory of his mother, but he's still not sure how or why he landed in these circumstances. Regardless, a string of fatal robberies at AAA Money check cashing stores are baffling the 1-2-5 and Sam jumps head-on into the case, in which there are no witnesses or signs of forced entry. 10 PM on 3 GTV

Elton John is writing a "film musical" about a man who has AIDS. The singer is penning the show with actor Ben Stiller in mind for the lead role, and despite its seemingly bleak subject matter John insists it will be a comedy. FEMALEFIRST.CO.UK

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

IntelleVision

Rick McGinnis

read it at metronews.ca



Read our reviews of new albums from Lucinda Williams, left, Keane, right, and more at metronews.ca/music

Return of the anti-hero

STEVE GOW
for Metro Canada

As Mark Wahlberg discovered filming his latest thriller in the middle of a

cold Canadian winter, when people call Toronto "Hollywood North," they aren't talking about the weather.

"It wasn't that fun to make," admitted Wahlberg

during an interview to promote Toronto-shot Max Payne in sunny Los Angeles. "It was pretty brutal but these are the kinds of movies that I want to go and see and I think people enjoy seeing me in them."

That's just the kind of dedication that earned the 37-year-old actor an Oscar nomination for his rock-solid performance in *The Departed* and top-billing in *Max Payne* — in theatres tomorrow — a stylistic thriller about a vengeful maverick cop.

After playing a science teacher in this summer's *The Happening*, Wahlberg is the first to admit he's glad to be back playing the anti-hero; a character that fits him well.

"I got a lot of real life experience," explains Wahlberg about relating to such characters through his Boston upbringing.

Weird jobs

Samuel L. Jackson kickstarted his career in Hollywood with his "weirdest job" to date — he first worked as a stand-in for Bill Cosby on his hit 1980s TV series. IMDB.COM



Mark Wahlberg stars in *Max Payne*, which opens tomorrow.

In *Max Payne*, Wahlberg plays the renegade cop who discovers a dark underworld that uncovers shocking secrets about the death of his wife and child.

"My whole thing is, if I like the character and I think I can be great in it and people enjoy it and I like the screenplay and we can put a great team together then I want to make the movie and it really doesn't go further than that."

CHRIS CORNELL



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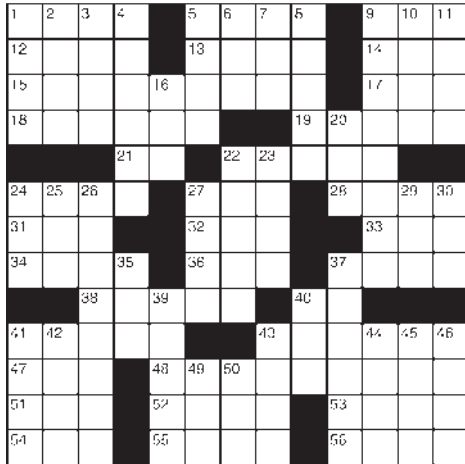



Subject to Classification. Entries must be received by 11:59pm Oct. 22, 2008, the Contest Closing Date. Telephone calls must be received by 11:59pm, the Contest Closing Date. Open to residents of Ontario and Quebec of the age of majority. A random draw will be held at 10am October 23rd, 2008 in Ottawa, Ontario. The odds of winning depend on the total number of entries received. Approximate value of a double pass is \$25.

IN THEATRES OCTOBER 24TH!



Take Five



Crossword across

- | | |
|--------------------------|-----------------------|
| 1 Audacious | 33 Stickum |
| 5 See 6-Down | 34 Dalai — |
| 9 Waste no time | 36 "Of course" |
| 12 Hebrew month | 37 Mile fractions |
| 13 Brewery creations | 38 Go in |
| 14 Peculiar | 40 Greeting |
| 15 Breakfast spuds | 41 Fibula neighbor |
| 17 "Family Guy" daughter | 43 Aromatic resin |
| 18 Tire patterns | 47 Perp. to vert. |
| 19 Adversary | 48 Base runner's goal |
| 21 Mother | 51 Lamb's dam |
| 22 Ask (for), as a loan | 52 Exam format |
| 24 Wan | 53 Unyielding |
| 27 Occupation | 54 Gullet |
| 28 Shakespeare sobriquet | 55 Right on the map? |
| 31 Writer Buscaglia | 56 Knight's backup |
| 32 Parisian pal | |

Crossword down

- | | |
|------------------------------------|----------------------------------|
| 1 Thai money | 26 Domestic beer? |
| 2 Bloodhound's clue | 27 Davidson of "The Crying Game" |
| 3 Weak, as an excuse | 29 Fish eggs |
| 4 So-o-o-o handsome | 30 Speck |
| 5 Monkey — | 35 Blackbird |
| 6 With 5-Across, "open sesame" man | 37 Embellishment |
| 7 Spelldown | 39 U.S. resort lake |
| 8 No liability | 40 Chance |
| 9 Web site intro | 41 Yon folks |
| 10 The same (Lat.) | 42 "The Music Man" locale |
| 11 Provocative | 43 Sash |
| 16 Food safety org. | 44 Rani's wrapper |
| 20 Gist | 45 Covering |
| 22 Marge's hubby | 46 Clothing store department |
| 23 Sacred Egyptian bird | 49 — pro nobis |
| 24 Every crumb | 50 More, to Manuel |
| 25 Vast expanse | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	5	1	4	7	2	9	3
3	7	4	6	9	5	8	2
9	6	2	3	1	8	5	4
6	1	9	7	5	4	2	8
7	3	8	1	2	9	6	5
4	2	5	8	3	6	7	1
2	4	7	9	8	3	1	6
1	8	6	5	4	7	3	9
5	9	3	2	6	1	4	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- | | |
|-------------------------|-----------------------------|
| Under 13 min.....Genius | 17-21 min.....Smart |
| 13-17 min.....Scholar | 21-25 min.....Not bad |
| | 25+ min.....Keep practising |

Recipe of the day



Sesame sausages with peppers and bok choy

INGREDIENTS:

- 2 large red peppers, halved lengthways and deseeded
- 2 large yellow peppers, halved lengthways and deseeded
- 6 thick pork sausages, about 400g
- 2 tbsp tomato ketchup
- 2 tbsp hoisin sauce
- 3 heads bok choy, separated into leaves
- 3 tbsp sesame seeds

METHOD:

- Put the peppers and sausages on the rack of a pre-heated (to medium heat) sauté pan or frying pan and sauté for 15-20 minutes, turning from time to time until sausages are evenly browned and cooked through and peppers are tender and lightly charred.
- Meanwhile, mix tomato ketchup and hoisin sauce in a shallow bowl. Tear bok choy into bite-sized pieces and put into a serving dish.
- Transfer the sausages to

the ketchup mixture and roll to coat evenly. Cover grill pan rack with foil. Place sausages back on foil and grill for a further 1 minute or until glaze is bubbling. Turn sausages and sprinkle with the sesame seeds, then cook for another 1 minute until the seeds are golden.

4. Cut the peppers into wide strips and thickly slice sausages on the diagonal. Add pepper strips and sausage slices to the bok choy, toss together and serve warm.

PER SERVING

375 calories, 18g protein, 25 g total fat, 8 g saturated fat, 22 g carbohydrate, 16 g sugars, 4 g fibre, 1061 mg sodium

SERVES 4

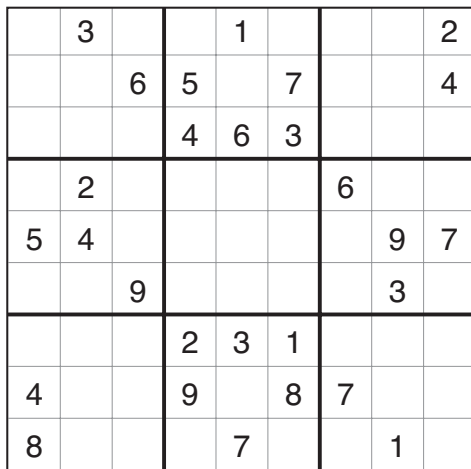
rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes

ARIES

MARCH 21-APRIL 20

A shy person talks about love and flirtation. Persist until you get what you came for. Your daring ways will inspire opportunity to knock.

LIBRA

SEPT 23-OCT 23

A disagreement is turned into a platform for dialogue. An arrogant person grants some wishes. A forgetful scoundrel seems to be foolhardy.

TAURUS

APRIL 21-MAY 21

Keep your nose to the grindstone. Powerful people will affect you in public. An outwardly helpless person begs for attention.

SCORPIO

OCT 24-NOV 22

A secret enemy refuses to go away. A man becomes friendly after dark. Common sense comes in handy during a confrontation.

GEMINI

MAY 22-JUNE 21

A woman will tell you about a strange problem. A foolish idea will be lucrative. There's a farce going on around you.

SAGITTARIUS

NOV 23-DEC 21

A bad character is noticed by those who matter. Rearranging things will give you grief. A light-hearted woman will get your attention.

CANCER

JUNE 22-JULY 22

A fitting lesson will be taught. Somebody's chronic indecision forces you to wait. A critical comment has a blunt impact.

CAPRICORN

DEC 22-JAN 20

An invitation will cast a pall over the day. A gloomy stranger makes weird noises. Don't take chances when giving advice.

LEO

JULY 23-AUG 23

Don't give in to slothfulness. A friend thinks that you're too sympathetic. An emotional problem can provoke a quarrel.

AQUARIUS

JAN 21-FEB 18

Your confidence will get boosted. An independent friend is a good example. An idiotic staff member will make things difficult.

VIRGO

AUG 24-SEPT 22

A fast friend will show how to make dreams come true. Know yourself before judging others. Officials will make a bad decision.

PISCES

FEB 19-MARCH 20

A middle-aged man has a change of heart. Doing the right thing brings a new connection into your life. Being clear-headed causes a delay.

WORDY GURDY

- Re-familiar with a TV program (1)
- Singer Dylan's high tennis shots (1)
- Italian capital residence (1)
- Breeze-filled milk farm (2)
- Circus worker's moped-down smiles (1)
- Point out a teacher's retirement pay (2)
- Short and trip visit hollow muffin (1)

Every answer is a rhyming pair of words like FAT CAT and DOUBLETROUBLE, and they will fit in the letter sequence. The number after the definition tells you how many syllables in each word.

This day in history

- OCT. 16, 1841: Queen's University is founded in Kingston, Ontario, Canada.
- OCT. 16, 1923: The Walt Disney Company is founded by Walt Disney and his brother, Roy Disney.
- OCT. 16, 1962: Cuban Missile Crisis between the United States and Cuba began.
- OCT. 16, 1964: People's Republic of China detonates its first nuclear weapon; Soviet leaders Leonid Brezhnev and Aleksey Kosygin are inaugurated as General Secretary of the CPSU and Premier, respectively.

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14 entertainment

Jackson illness revealed
The cause of Janet Jackson's mystery illness has been revealed. The 42-year-old was suffering from vestibular migraines, her rep said in a statement. **PEOPLE.COM**

Celebrity Buzz

Bye bye, Madge & Guy

RELATIONSHIPS Pop star Madonna and her director husband Guy Ritchie are ending their almost-eight-year marriage, a rep for the singer confirmed yesterday.

"Madonna and Guy Ritchie have agreed to divorce after 7½ years of marriage. They have both requested that the media maintain respect for their family at this difficult time," read the statement by Liz Rosenberg.

The statement, which was co-signed by Ritchie's representative, also said that the couple had not agreed to a settlement.

"The judgment of the court would be to try to assess what they came in with and divide what they

built up fairly equally," said David Allison, a lawyer with Family Law in Partnership, a London firm, told The Associated Press. In a front-page story yesterday,

Britain's The Sun newspaper claimed the couple will be issuing a statement "imminently" on the demise of their relationship, which has been the subject of much speculation in recent months.

Contacted by People, a rep for Madonna declined to comment on the story.

Madonna, 50, is in the midst of her Sticky and Sweet tour and is set to play Boston tonight. Ritchie, 40, was believed to be on the set of his latest film, Sherlock Holmes.

Reached at their home in London, his family declined to comment.

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GETTY IMAGES PHOTOS

Hudgens got to meet Cruise!

CELEBRITY Through her friendship with former Spice Girl Victoria Beckham, Vanessa Hudgens got to meet actor Tom Cruise, who gave the High School Musical star some good advice, in-touchweekly.com reports.

"Tom was so sweet — and such a nice

guy," Vanessa told Access Hollywood.

"Just telling me there isn't much that you can do (about always being in the lime-light).

"It's just part of your

life now, so you have to accept it.

"He is an amazing guy and I look up to him."

Hudgens also got to meet Cruise's wife, actress Katie Holmes.

"I got to talk to them, they are all really great people," Hudgens said in an interview.

METRO NEWS SERVICES



celebrity brief

No work for Nicole

SURGERY Actress Nicole Kidman has panned rumours that she's had cosmetic procedures, MSN Entertainment reports.

"I am completely natural," Kidman told to Marie Claire U.K. "I have nothing in my face or anything. I wear sunscreen, I don't smoke and I take care of myself."

METRO NEWS SERVICES

Christina all for adding to the Aguilera family

FAMILY Her first child, son Max, is just nine months old, but Christina Aguilera is already thinking about baby No. 2, People.com reports.

"Absolutely, we'll definitely have more kids," she says. "How many? I don't know. We'll play it by ear."

For now, the singer, 27, is enjoying her time with Max.

"I'm in love with my life," she says, although parting with her son to perform can be a drag. "But Mama has to work, Mama has to do a job."

She adds, "I think it's impor-

tant to share what I love — what makes me me — with my son. So I change diapers and I breastfeed him and I play with him and then I work. I want to show Max everything about me."

Aguilera, who married music exec Jordan Bratman in 2005, says Max inspired her upcoming album.

"It's all about colour and life. Everything's a playground for him. Everything is color and fun."

METRO NEWS SERVICES



Reese still digs Jake

RELATIONSHIPS It's good to be with actor Jake Gyllenhaal, says actress Reese Witherspoon, People.com reports.

"He's very supportive," the Oscar winner, 32, tells Vogue in its November issue. "Suffice it to say, I'm very happy in life, and I'm very lucky to have a lot of really supportive people around me who care very much for me, and, you know, that's all you can hope for in life. I am very blessed in that way."

Gyllenhaal, 27, isn't the only man she's been spending time with. While on the set of her upcoming comedy Four Christmases, Witherspoon couldn't resist co-star Vince Vaughn's sense of humour.

"Vince is the funniest person I've ever worked with in my entire life," says Witherspoon, who posed for Vogue's cover.

"There were days when we were shooting things, I would laugh so hard it would ruin the take, and I was afraid I was going to pee on myself, it was so funny."

Witherspoon's divorce from Ryan Phillippe was finalized in June.

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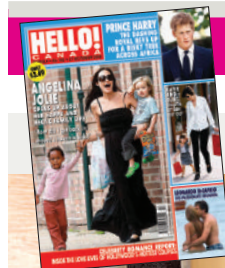
McGraw disowns hits package

Singer Tim McGraw has apologized to fans for his latest greatest hits album, saying his label should have instead released a record with new music. **PEOPLE.COM**

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Celebrity Buzz

HELLO! Hot shot of the week



PETER BRÉCQ/HELLO! CANADA

eTalk correspondent Sophie Grégoire-Trudeau, wife of newly minted Liberal MP Justin Trudeau, has joined Dove's Pay Beauty Forward campaign aimed at improving self-esteem among girls and women. "We live in a culture of comparison," the 33-year-old mom, who's expecting baby No. 2 this winter, told HELLO! Canada in an exclusive interview.

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Bachelorette couple to add another child

FAMILY NEWS The Bachelorette's Ryan and Trista Sutter have announced that they are expecting their second child, People.com reports.

Trista, who is just over three months along, tells Life & Style that she and Ryan were shocked to learn — just a few weeks after son Maxwell (Max) Alston's birthday in late July — that they will be welcoming a new member of the family come spring.

"It was positive shock, one of the best kinds you can have in your life," Trista said.

Despite previous claims that she would like a little girl, Trista now says she just wants "a really happy and healthy baby."

She adds that: "I know that sounds cliché, but it's the God's honest truth."

Even though part of her still wants a daughter, she would love to have another son because "Ryan has a brother, and they're about the same age difference as Max will be with his new sibling."

"So it would be fun to have two boys, too."

Trista, 35, and Ryan, 34, were married on Dec. 6, 2003, in a televised ceremony awash in the colour pink.

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Canadian Cancer Society
Société canadienne du cancer

Craig as Bond a 'long-term' deal



MOVIES Daniel Craig will play James Bond until his "knees go," femalefirst.co.uk reports.

The actor, who reprises his role as the spy in new movie Quantum of Solace, insists he has no intention of giving up the

part in the near future.

"Bond is becoming a long-term job," he says. "We will see how this one turns out."

"If everything goes well, if people still want to see these movies, I will keep doing them for as long as it takes — or until my knees go, whichever happens quicker."

METRO NEWS SERVICES

Halle's man smells success

PERFUME Halle Berry's model boyfriend Gabriel Aubry has given the actress's signature perfume the seal of approval, imdb.com reports. Berry has been testing scent combinations for the last two years for her first fragrance, and she's finally

found one she's happy with. Berry settled on the smell of Halle by Halle Berry after Aubry praised the scent.

"I want women to feel that ... that special person thinks they smell beautiful, thinks ... they can ingest it all day, every day. That's what Gabriel said."

METRO NEWS SERVICES



celebrity brief

Hewitt: Focus on dance, not weight

TV Actress Jennifer Love Hewitt has leaped to the defence of dancer Cheryl Burke after the U.S. media poked fun at her weight gain, imdb.com reports.

The Dancing With the Stars regular added five pounds to her frame over the summer prompting gossips to speculate she may be pregnant.

But when she confessed she was a little heavier, the same journalists who poked fun at Hewitt when she was snapped in a swimsuit, turned on Burke.

"I think her dancing is what everyone needs to be concentrating on," Hewitt says.

METRO NEWS SERVICES



